

The Countdown To Comfort Goes On



Okay, so we heard that there's a new bus stop going in on Sherman Ave. to make bus riding more comfortable and convenient for everyone. We even saw the work get underway just about two weeks ago, but did we think that it would be moving so quickly? Probably not, but all you have to do is run out of something, head to the exchange to pick it up and you can't help noticing how quickly the work is progressing. Once the pavement and foundations are in, the rest will follow quickly. One thing that shouldn't progress quickly is the traffic passing by that construction zone. Give them a break and SLOW DOWN to avoid catastrophic consequences.

What's Inside



Celebrate Women in the Military

More than two million women have served in defense of our nation, since its beginning more than 220 years ago. Take your place in women's military history by registering with the Women in Military Service for America today.

See page 5

National Craft Month

March is National Craft Month. Promote fun and creativity through hobbies and crafts. Check out the various activities at GTMO's Ceramic and Pottery shop or learn a new crafting skill.

See page 6



Force Protection

The emergency number here in GTMO is 911. Post it on the telephone and pre-program phone numbers where possible.

Water Conservation

FEB. 24 - MAR. 2

Used
Daily avg.
Daily goal 1,000,000 gal

We spent \$
under our budget for
the week.

U.S. Naval Base Guantanamo Bay Gazette

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This newspaper is an authorized publication for members of the military services stationed at Naval Base Guantanamo Bay. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

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STATO and the Senior Class Say Thank You

The Seniors Taking a Trip Organization (STATO) and the Senior Class would like to thank the GTMO Community for supporting the Krispy Kreme Doughnut fundraiser held in February at the NEX.

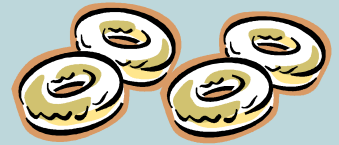
All 100 dozen donuts were sold within 45 minutes. Because of that success, the Senior Class is holding another doughnut fundraiser on Saturday, March 15 starting at 9am. We plan to order 200 dozen this time around and they will be sold on a first-come, first-served basis.

Doughnuts will be sold by the dozen only – not broken down for individual sale. All doughnuts will be the same – regular yeast and sugar glazed.

We would also like to pay thanks to those who made the doughnuts. Ms. Susan Dean, the general manager of the Krispy Kreme doughnut shop on Blanding Blvd. in Orange Park, Fla., coordinated the delivery of the doughnuts to NAS JAX after her day shift supervisor had painstakingly packed all 100 dozen herself. That supervisor lived in GTMO during the early 70s, and remembered well that GTMO had no doughnut shop. So, she made sure she packed the freshest doughnuts, and she did it with a cheerful heart. The entire doughnut shop staff was excited about this special order. It made them feel that in some small way they were supporting the mission of our base.

The Senior Class is also grateful to the leaders of U.S. Naval Base, Guantanamo Bay for their support of this event. A special thank you is extended to you from all the teenagers of the Senior Class.

STATO Doughnut Sale
Saturday, March 15
starting at 9am
NEX Atrium



Phone Facts: Who's Who in the Zoo?

NCTAMSLANT Base Communications Office (BCO) is responsible for the base-wide telephone system. They contract Local Communications Network (LCN) to provide long distance, operator and billing services, and internet.

The phone system infrastructure (On-island Phone Connection) is operated and maintained by BCO while the long distance service (Off-Island Long Distance connection) is provided by LCN.

BCO information is 2500 and LCN information is 3744. For issues you would desire addressed in this forum, please contact: Bob Diamond at 3644. Next week article: A comparison of long distance pricing for islands in the Caribbean.

DAPA Notes: Binge Drinking

Binge drinking is defined as having 5 or more drinks in row for males and 4 or more in a row for females. Simply put, binge drinking is drinking to get drunk

This type of drinking has dangerous consequences including increased violence, unprotected sex, DUI's/ DWI's, alcohol poisoning and, yes, even death. My point here is remind every one if you choose to drink do so in moderation and take care of each other out there.

Seabee Ball Ticket Sale

Saturday, March 8
NEX Atrium 9am to noon
Seabee t-shirts and
glasses

Thank You GTMO!

The Officer and Civilian Spouses' Club would like to thank all of the volunteers who helped with Casino Night. We would also like to give a big thank you to the community and our JTF members for coming out and supporting this worthy cause. Because of everyone's participation, OCSC added over \$4,000 to the scholarship fund.

CNP Discusses Merits of Perform to Serve Program

By Chief of Naval Personnel Public Affairs

The newly announced Perform to Serve (PTS) program provides new and exciting advancement opportunities for Sailors while improving combat readiness.

That was the message delivered recently by Chief of Naval Personnel Vice Adm. Gerry Hoewing to fleet Sailors in a series of All Hands Calls at Naval Station Mayport, Naval Air Station Jacksonville and Submarine Base King's Bay.

Perform to Serve is a new, centralized reservation system that will encourage some reenlisting Sailors to convert from crowded ratings to critically undermanned ratings offering better promotion opportunities. Initially, only first-term Sailors in CREO Group 3 ratings will be required to apply for reenlistment under PTS. Eventually, the program will apply to all first term Sailors.

The goal of PTS, noted Hoewing, is to improve the Navy's already high state of readiness by balancing out the force.

"We've got the right number of Sailors thanks to high retention," he said. "Now, we just have to tailor the skill mix to make sure we can cover all the fleet requirements."

The master-at-arms (MA) rating is a good example. To meet the increasing demands of anti-terrorism and force protection requirements, the Navy plans to increase the number of MAs to about 9,000. The rating is currently manned at just over 5,000. And, noted Hoewing, the advancement rate to E-5 in that rating is near 90 percent.

By contrast, promotion rates to E-5 in some crowded ratings average just 10 percent to 15 percent. Perform to Serve will present Sailors, especially in crowded ratings, the ability to choose a path to improved advancement opportunity, as well as the ability to gain an even more diverse professional background.

If required, the Navy will provide tailored training for those Sailors converting to help ensure their success in the new rating.

"We know we're going to be asking some of you to do something new and different, and that can sometimes be challenging," said Hoewing. "But I want you to know we're committed to this and to making you successful. This is a culture change. It's now a part of our culture to build careers, not just fill assignments."

Hoewing also took the opportunity to encourage Sailors to "invest in themselves first" by enrolling in the Thrift Savings Plan, noting that nearly 100,000 Sailors had already signed up. The next open season begins April 15.

Hoewing said he was impressed by the quality of the questions he received, on issues ranging from basic allowance for housing rates to childcare, and credited that to the quality of Sailors in the Navy today.

"It was plainly evident to me that Sailors are smarter today and more involved in their careers than ever before. They are well-informed and well-led, and their questions reflected that."

He ended each discussion the way he began, by thanking Sailors for their sacrifice and hard work on behalf of the nation.

"If you don't remember anything else I said here today, know that I thank you, the CNO (Chief of Naval Operations) thanks you and the nation thanks you for your service."

Perform to Serve will present Sailors, especially in crowded ratings, the ability to choose a path to improved advancement opportunity, as well as the ability to gain an even more diverse professional background.

NEWS BRIEFS

Tax Center Update

The Naval Base Tax Center is open in Building 760 inside the Legal Assistance Office. Hours of operation are Mondays, Wednesdays and Fridays from 9am to 5pm and Tuesdays and Thursdays from 9am to 7pm. Call 4314 to make an appointment.

To date, the center had completed more than 80 tax returns - a service valued at \$15,342. The total amount of refunds is over \$200,000.

Remember, unless you file an extension, taxes need to be postmarked or submitted by April 15.

Calling All Submariners

Calling all, past and present Warriors of the Deep! Please contact CMDM(SS) Al "COB" Steiner at the NAVBASE CMC's office.

April is the Submarine Force's 103rd birthday. We would like to celebrate appropriately. We are trying to get a list of all Submariners, past and present, for our invitation list and news e-mails.

Contact the COB at 4474, or email - steinerap@usnbgmtmo.navy.mil or daCOB@yahoo.com.

Poetry Night

The Christian Night Club is hosting a Poetry Night on March 15. Soft music, candles, and poems bring a peaceful flavor to the Christian Night Club.

Dust off your poetry books and get in front of the microphone and show your poeticism. The club starts at 8pm at Fellowship Hall on Chapel Hill.

For info on the club, contact SSG Mike Montgomery, 3202 or 8021.

Free ASVAB Preparation

What: Self-paced computer programs in math and English designed to help increase ASVAB scores.

Why: Increase personnel retention, meet requirements for acceptance in schools, and career advancement.

How: No-cost TAD orders for 6 hours per day. Two weeks only. Seating is limited, call 3997 for further information or stop by the Navy College Learning Center.

When/Where: M-Th 1000-1630. Chapel Hill, Room 11.

Class Dates: Mar 17 - 27

Come say farewell to Debi Buehn

All spouses are invited to a luncheon in honor of Debi Buehn, wife of Capt. Robert Buehn, Commander, Naval Base.

Monday, March 24, 11am to 1pm in the Windjammer Ballroom. You may order off the menu or take the buffet at your cost. Please call 5700 no later than March 21 if you plan to attend

Command Financial Specialist (CFS) Training

**April 21-25, 7:30am - 4pm
Fleet & Family Support Center**

In accordance with OPNAVINST 1740.5A, each command having 25 or more personnel shall have a trained CFS and those with less than 25 are encouraged to have a trained CFS. This course is offered for active duty personnel interested in serving as financial specialist for their respective commands/departments.

Attendees should be E-6 or above, have command approval, and have at least one year left at their command. We need highly motivated, financially stable individuals who will actively assist others and attend bi-monthly CFS forums to exchange information and keep up with the many changes affecting the personal finances of service members.

Call Paul Walker at the FFSC, 4141 or 4153 to register.

Anger Management Class

March 11th and 18th
Fleet and Family Support
Center, 3 to 4pm
Call 4141 for more
information or to sign up.

American Red Cross Month

A Proclamation

By the President of the United States of America

Throughout our history, Americans have been committed to helping the suffering, the disadvantaged, and those in need of help. The American Red Cross represents the compassion of our Nation in action. During American Red Cross Month, we honor this remarkable organization and recognize its proud heritage of service.

For more than 121 years, the Red Cross has upheld its mission to provide relief to victims of disasters and to help people prevent, prepare for, and respond to emergencies. Last year, the Red Cross helped victims of more than 70,000 disasters, ranging from dwelling fires to widespread catastrophes such as hurricanes, floods, tornadoes, and wildfires. Around the world, the Red Cross contributed to international efforts that aided other countries devastated by natural disasters, assisted people in getting access to safe drinking water, and battled malnutrition and life-threatening diseases. More than half a million U.S. military families received direct assistance from the Red Cross, helping them stay connected with their loved ones, despite difficult circumstances.

The American Red Cross also strengthens our communities by encouraging citizens to be involved and to help their neighbors in need. Last year, more than 1.2 million everyday heroes volunteered at their local Red Cross chapters, and almost 12 million more took the time to learn lifesaving skills such as first aid, CPR, and defibrillator use. And more than 4 million citizens answered the call for blood donors, giving 7.2 million blood donations through the American Red Cross.

During these times of great consequence, the mission of the Red Cross is more critical than ever. As our Nation confronts new challenges, the American Red Cross and its partners are working with the Federal Government and the emergency planning community to help keep America safe. Through its "Together We Prepare" campaign, the Red Cross is a vital partner with the Department of Homeland Security in empowering individuals and families to protect themselves and be prepared for the unexpected.

Countless people across our country turn to the American Red Cross every day for blood and blood products, disaster assistance, and vital community services. We are grateful for this essential and inspiring organization, and we celebrate its legacy of help, hope, and healing for those in need.

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America and Honorary Chairman of the American Red Cross, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim March 2003 as American Red Cross Month. As we celebrate this month, I call upon all citizens to become partners in preparedness with their local Red Cross chapters and to become active participants in advancing the noble mission of the American Red Cross.

IN WITNESS WHEREOF, I have hereunto set my hand this twenty-eighth day of February, in the year of our Lord two thousand three, and of the Independence of the United States of America the two hundred and twenty-seventh.

GEORGE W. BUSH



TOGETHER WE PREPARE

American Red Cross Upcoming Classes:

Workplace Standard First Aid - March 29
Community CPR & First Aid - April 12
CPR for the Professional Rescuer - April 26
Minimum class size is six, maximum is ten.
FMI call your Red Cross Office at 5060.

**Looking for Volunteer
Opportunities?
Contact the American
Red Cross Office at
5060 to discover ways
to get involved in the
GTMO community.**

Celebrate Women's History Month

What We Don't Record, We Lose!

Take your place in women's military history by register with the Women in Military Service for America today.

The Women in Military Service for America Memorial is the only major national memorial honoring all women who served in our nation's defense throughout history. Their patriotism and bravery are a part of our nation's collective heritage and are finally recognized in the Memorial through exhibits, film and the Memorial Register, which guarantees each registered woman's individual story a permanent place in America's history.

More than two million women have served in defense of our nation, since its beginning more than 220 years ago. The individual histories of nearly 250,000 of these women come to life in the Memorial Register. The Register is an interactive computer database that allows Memorial visitors access to military histories, photographs and memorable military experiences of registered servicewomen. However, registration is NOT AUTOMATIC.

If you are a servicewoman, or know of a servicewoman, past or present, please help preserve this important and long overlooked portion of history by filling out a registration form today for yourself, a family member or friend. Every woman's story is important and any information is better than no information. It is individual experiences that make up America's collective history. Make sure the story of women serving in defense of our nation is recorded and never forgotten.

Eligibility

Eligibility as a "Member" includes living or deceased women veterans; Active Duty, Reserve, Guard and US Public Health Service uniformed women; and women in the Coast Guard Auxiliary and the Civil Air Patrol.

Eligibility as a "We Also Served Member" member includes women who served overseas during conflicts, in direct support of the armed forces, in organizations such as the Red Cross, USO and Special Services. Those in the U.S. Public Health Service Cadet Nurse Corps are included in a special Honor Roll of Cadet Nurses.

Am I registered?

To check and see if you or someone else is registered with the Memorial, please call our Registration Department at 703-533-1155 or 800-222-2294. You can also register online at www.womensmemorial.org/Registr.html (click on Register Online).



The Women In Military Service For America Memorial stands at the end of the entrance to Arlington National Cemetery in Washington, D.C. Its various exhibits chronicle women's history in all military services.

Women's History Month Dinner Program

Friday, March 28

6:30 - 9:30pm at the Windjammer

**Tickets on sale March 8 at the
NEX Atrium - \$12.00**

March is Women's History Month. This year's theme is "**Women Pioneering the Future.**" Let us remember the women who led and won struggles for equality and civil rights, created and advanced educational and professional opportunities, and made great contributions to the arts, sciences, and humanistic causes, and innovative women of today who further these efforts and continue to expand the frontiers of possibility for generations to come. For more information, call Lt. Bautista at 7-2450.

Discover Life's Little Pleasures: Experience the Rewards and Fun of Crafting

March is National Craft Month. Developed by the Hobby Industry Association, this is the month to promote fun and creativity through hobbies and crafts.

For those who love to craft, vow to try a new crafting technique during National Craft Month; or perhaps you can teach someone how to do your favorite craft. National Craft Month can also be the perfect excuse to pull all those half-finished projects out of their hiding places and get them done.

For those who don't make crafts, what better reason to start crafting? Crafting has many benefits; it can help reduce stress, bring families closer together, and you can learn new skills also!

Knitting. Stenciling. Wearable art. Memory books. Decorative painting. Crocheting. Woodworking. Sewing. Rubber stamping. And lots more. There are many ways to get involved with crafting, and activities and projects to suit everyone's taste.

There are many educational hobbies, too, such as drama,

dance, music, and art. Some may like to paint, while others prefer to learn to play the clarinet. Others may want to take to the stage to sing, dance or act while some may want to experiment with photography or sculpture. Either way, March is a good month to try a new hobby or craft.

As the world grows increasingly fast-paced and complicated, the simple pleasures of crafting become even more appealing. The experience of making something with your own hands is tremendously satisfying. You can create something beautiful to enhance your home, something personal to express your love, perhaps something to pass down to future generations. And working on a project with family or friends can be a wonderful way to enrich your relationship and bring you closer together.

So why wait? Treat yourself to the satisfaction of tackling a new project or learning a new craft. You don't need to spend a lot to get involved with your favorite activity.

Get Creative at GTMO's Ceramic and Pottery Shop

With over 1,000 ceramic molds to choose from, patrons of all ages and genders should be able to find and make beautiful gifts or decorations for the home.

Molds range from simple flowerpots to a detailed Civil War chess set. The center also offers everything you need to complete your projects from start to finish – molds, cleaning tools, paints, brushes, sponges, etc. – all at a reasonable price. There are also qualified instructors on hand to help you through every step from pouring to painting.

Open six days a week, the center has hours that accommodate almost everyone. Currently the hours of operation are: Saturday, Sunday and Wednesday, 9am to 9pm; Tuesday and Thursday, noon to 9pm. Holiday hours are 10am to 4pm. The center is closed on Mondays.

Sign-up today for one of the ceramics or pottery classes being offered in March, or just drop by the center and thumb through the albums showing the various molds available.

Group classes and birthday parties are also available through advanced arrangements.

For more information, call 4795.

March Ceramic and Pottery Classes

Children's Projects

**Sponge Your Own Paint
Pallet & Water Cup**
March 22nd, 4 to 5pm
Ages 7 - 9 Cost \$9

"My Own Cereal Bowl"
March 22nd, 3 to 4pm
Ages 4 - 6
Cost \$8

Colossal Cup
March 28th, 4 to 6pm
March 30th, 1 to 3pm
Ages 13 - 17 Cost \$21

Adult Classes

Large Vase (Rip-n-Tear)
2-part class for adults only
March 10 (part 1) 6 - 8pm
March 17 (part 2) 6 - 8pm
Cost \$6

Large Vase (Rip-n-Tear)
2-part class, ages 16 to adult
March 15 (part 1) 1 - 3pm
March 22 (part 2) 1 - 3pm
Cost \$6

Pottery Classes

Adult Beginners, 2-part class March 26th and April 9th, 6 to 8pm. Cost \$35.

Adult Advanced, 2-part class March 26th and April 9th, 9 to 11am. Cost \$45.

February Naval Station Awards



Capt. Buehn poses in his office with award recipients from the February Awards Quarters held last week. The following awardees are pictured above from left to right.

| | | |
|---------------------|---------|-------------|
| RP3 LaRosa Johnson | NMCAM | NAVSTA |
| RP1 Daniel Neal | LOC | NAVSTA |
| PNC Deborah Gorrell | NMCAM | USS BRISCOE |
| BM1 Chris Pederson | NMCAMAM | NAVSTA |

Also receiving awards were:

| | | |
|-----------------------|------|----------|
| AZ3 Steven Mathis | LOC | NAVSTA |
| OSC Craig Schlesinger | JC | JTF GTMO |
| James Veazey | MCSA | NAVSTA |

NAVSTA's Sailor of the Year



SK1 Robbin Smith, Naval Station's Sailor of the Year received a Navy and Marine Corps Achievement Medal from Capt. Robert Buehn, Naval Station Commanding Officer.

Hospital Recognizes Patient Safety Week

By CDR Lourdes E. Burth, NC, USN
Naval Hospital, GTMO

The Naval Hospital, in conjunction with the Department of Defense and patient safety organizations around the country, is promoting National Patient Safety Week, March 9 - 15. This is a good time to get to know your healthcare provider and make inquiries about efforts to improve patient safety.

You and your family are all entitled to safe healthcare. This can be accomplished by building a good working relationship with healthcare providers and being involved in one's personal health plan. This requires an active participation from healthcare consumers who at some point will need the care of a pharmacist, physician, nurse, dentist, or other healthcare specialist. The most successful outcomes are found when clients share information about health habits, all medications and supplements being taken, alternative practices for health needs, and other information that is impacting their health.

This also means you asking questions and requesting clarification on the health plan or treatments and medications being prescribed. Ask more than once if needed.

Healthcare personnel are also being challenged to make patient safety a top priority. This means to healthcare providers

inform, educate, clarify, and review with clients. We encourage your participation.

Schedule of Events

- Visit our booth at the Exchange on Sunday 9 March from 1200 to 1600 and Saturday 15 March from 1000 to 1600 and get to know your healthcare practitioners.
 - Take a survey. It's short and to the point. We will publish the results at a later date.
 - Take a survey at the hospital
 - Keep an eye on the Roller for daily messages on safety awareness.
- Remember, the silly question is the one never asked. So don't hesitate to communicate with your doctor, nurse, pharmacist, etc.

Did you know:

- Herbal supplements are not FDA approved. Some herbal supplements can interfere with prescribed medication
- Before you sunbathe, you must wait at least 30 min after applying sun block lotion
- Humidity can cause some medications in the medicine cabinet to deteriorate at a faster rate
- Mixing alcohol with certain foods can reduce the effectiveness of some antibiotics and other medications

Children's Health: Ear Infections, Sniffles Common

By **Aveline V. Allen**

Bureau of Medicine and Surgery

Ear infections, stuffy and runny noses, sore throats . . . does your child experience any of these common childhood health problems?

According to the American Academy of Otolaryngology (AAO), one of the most common reasons a child sees a doctor is for an ear infection.

"About 80 percent of children will have at least one ear infection by the time of their second birthday," said Capt. Joseph Lopreiato, pediatrics program director, National Naval Medical Center, Bethesda, Md.

Ear infections, also known as otitis media, occur when the middle ear becomes inflamed. This type of infection is more likely to occur during winter and early spring months.

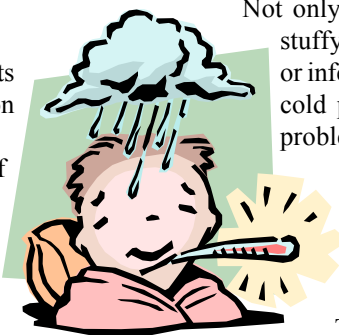
"The most common cause of an ear infection is the common cold, although not all colds in children lead to ear infections," said Lopreiato.

Symptoms include pulling or scratching at the ear, followed by crying, fever, vomiting or ear drainage. Young children may also develop symptoms that include a feeling of fullness or pressure in the ear, dizziness, loss of balance and hearing problems.

"Factors that make children more likely to get otitis media are frequent exposure to others who are ill, such as daycare settings, smoking by parents in the household, allergies and young age," said Lopreiato.

However, with prompt and correct treatment, ear infections can be alleviated. Physicians may prescribe antibiotics, antihistamines and decongestants for treatment.

"Most physicians and healthcare providers treat otitis media with antibiotics for at least 10 days," said Lopreiato. He also recommends that children under the age of five have a follow-up visit about one month after starting antibiotics to check for any fluid accumulation in the ears.



Not only are ear infections a childhood problem, but also stuffy and runny noses, which may be caused by allergies or infections. Sinus problems, congestion and the common cold play a part in symptoms common to nose-related problems.

"Stuffy and runny noses can often be treated with at-home remedies such as suction bulbs for infants and old-fashioned nose blowing in older kids," said Lopreiato. "Humidifiers in winter sometimes help unclog stuffy noses."

The AAO suggests treatment options for this condition may include antihistamines or decongestants for older children.

"Over-the-counter cold remedies do not generally work well in children under the age of two years old," said Lopreiato.

Although children's ear infections and stuffy, runny noses make them uncomfortable at times, sore throats also play a part in the misery.

"Sore throats are more common in children older than three years old," said Lopreiato.

Sore throats, which are often contagious, are caused by infection. Some symptoms common to sore throats include difficulty breathing, swallowing and opening the mouth, a fever over 101 degrees and a lump in the neck. If your child experiences any of the above symptoms, contact your healthcare providers.

As with ear infections and stuffy or runny noses, treatment is available for children with sore throats. Common over-the-counter pain relievers may help in reducing the pain of a sore throat.

"Throat pain can be controlled with common pain relievers," said Lopreiato. "Don't forget that in school-aged children, throat lozenges and cool liquids are also helpful."

The AAO suggest some tips such as drinking warm tea with honey, gargling with warm salt water several times a day and increasing liquid intake.



GIRL SCOUT COOKIES

on sale Saturday

at the NEX Atrium

from 9am to noon

Available while supplies last!

\$3.50/box



*Your are invited to share in one of
Scouting's greatest moment*

The Eagle Scout Court of Honor

*The Boys Scouts Of Troop 435 would
like to invite the community to observe
an Eagle Scout Court of Honor.*

*Grant S. Stead and Jimmy E. Grewe Jr. will be awarded
their Eagle Scout rank on Sunday, March 16 at 3pm
in Buckeley Hall Auditorium.*

*If you are a Boy Scout or Eagle Scout and would like
to take part in the ceremony, or be involved with the
local troop please call Jim Grewe, 4242, or
Paul Prince, 7737.*

Worship Services

Catholic Mass

(Main Chapel) **Monday - Friday**
Daily Mass (Cobre Chapel) 0630

Friday

Holy Hour/Rosary 1700
(Cobre Chapel)

Saturday

Reconciliation 1630
Eucharist/Mass 1730

Sunday

Eucharist/Mass 0900
Eucharistic Adoration/Reflective
Prayer (Cobre Chapel)
Daily 24hrs

Protestant Services

Sunday

Services - Main Chapel 1100
Praise & Worship 1830

New Life

(Main Chapel) **Sunday**

Worship Service 1245
Sunday School (Sanctuary B) 1130

Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

Sunday

Sunday Sacrament 0900

Monday

Families Home Evening 1800

Wednesday

Ladies Relief Society 1900

Thursday

Young Women 1900

Jewish

(Fellowship Hall)

Every Friday 2000

Filipino Bible Fellowship

(Sanctuary A) **Sunday**

Worship 1800

Iglesia Ni Cristo

(Sanctuary B) **Sunday**

Worship 2000

Pentecostal Gospel Temple

(Sanctuary C) **Sunday**

Worship 0800 & 1700

Seventh Day Adventist

(Sanctuary B) **Saturday**

Divine Service 1100

Islamic Service

(Classroom 18) **Friday**

Worship 1300

United Jamacian Fellowship

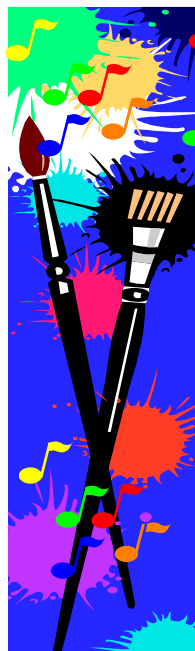
(BLDG. 1036 - Next to Phoenix Cable)
Sunday Service 1100 & 1830

Camp America Chapel

Sunday

Praise & Worship 0900
Bus Transportation available at 8am,
Windward Loop and 8:15am, TK.

*For information about
Sunday School, Education
Programs, Bible Study,
Prayer Groups, etc. Call the
Chaplain's Office at 2323.*



You Are Invited! The W. T. Sampson Arts Festival

A showcase of the many creative talents
of our students

Featuring a whole school art exhibit and musical
performances throughout the afternoon

Monday, March 31st
Elementary School Media Center, Atrium,
and Gardens - 4-6 pm

Refreshments served

*Come Celebrate the Creativity
of our children!*

March is Youth Art Month

The month of March has been designated Youth Art Month. This celebration of creativity not only incorporates the visual arts but also the performing arts such as Music, Drama, and Dance.

Art education is more than the creation of products; it is an essential part of educating a child. Research has shown us that the arts help students develop proficiency in critical thinking and aesthetic judgement. In studying a variety of works, they come to appreciate the efforts of others and value cultural diversity.

By providing our students with meaningful artistic experiences in school, we help them develop a means of healthy self-expression that will serve them throughout their lives.

We join in W.T. Sampson's whole school effort to promote literacy. Literacy is more than merely reading and writing. In today's world, it must be multisensory. Education in the arts can provide our students with skills needed to make informed decisions and arrive at creative solutions to life situations. Please join us in celebrating our childrens' creative efforts.



*The Cuban Club staff would like to express their
appreciation to all the patrons who called to
inquire about the re-opening. We are now open
and wish to welcome everyone back!*

School Lunch Menu

March 10 - 14

- MONDAY -

Cheeseburger,
Lettuce & Tomato,
French Fries,
Fresh Fruit,
Milk

- TUESDAY -

Pepperoni Pizza,
Green Beans,
Fruited Gelatin,
Milk

- WEDNESDAY -

Spaghetti w/Meat
Sauce, Garlic Bread,
Vegetables w/Dip,
Sliced Peaches,
Milk

- THURSDAY -

Chicken Nuggets,
French Fries,
Mixed Vegetables,
Fresh Fruit,
Milk

- FRIDAY -

Ravioli, Rice,
Tossed Salad,
Toasted Bread,
Fruit Cocktail,
Milk

Hydroids Hit the Beach

From LCDR G. Thomas
Naval Hospital Public Health Officer

Hydroids and contact with the little critters has come early this year and it looks as though the beginning of the season is once again upon us. The Naval Hospital reports an increased number of emergency room visits related to hydroid stings. Windmill Beach seems to be generating the bulk of cases. For those unfamiliar with our waters, hydroids are free floating coral polyps which are released into the water by sea floor corals. They drift in shallow waters (less than 30 meters) in search of a new location to establish a colony. They are minute, but structurally related to the jellyfish and contain a nematocyst, a stinging cell. Unfortunate contact between divers/swimmers leads to discharge of the nematocyst and injection of toxin. Depending on the concentration of polyps in the water an individual may be bitten from just a few times to over a thousand in a brief period of time. Polyps trapped between a wet suit, short, or shirt may be particularly angry and sting repeatedly nicely outlining your bathing gear.

Pain may vary from mild to severe, and the lesions are always very itchy. Usually reactions are local and while inconvenient are not life threatening. However, individuals with repeat exposure may develop systemic allergic symptoms. Any individual with hydroid exposure and breathing or airway difficulty should be transported to the Naval Hospital ER immediately.

Treatment of routine hydroid exposure at the beach includes removing clothing, gentle washing of the skin, and avoiding further irritation. Generally minor stings are treated with oral antihistamines such as diphenhydramine (Benadryl) and topical steroids such as End Itch. Some individuals claim relief by putting Adolfs meat tenderizer on the stings as well. More severe cases may be treated with oral steroids in addition to the previously noted medications.

As with many things in life, prevention is the best medicine. The hydroid season should end sometime in June-July.

Creature Feature

"Creature Features" are submitted by The Guantanamo Bay
Environmental Office

Cuban Parrot

By Paul Schoenfel
Natural Resources Manager

The Cuban parrot (*Amazona leucocephala*) was listed as an endangered species in June 1970 throughout its entire range. This bird is endemic to Cuba, the Bahamas, and the Cayman Islands. This parrot is approximately the size of a pigeon (11 - 13 inches). Although the bird often appears black while flying, it is actually green overall with a red chin, throat and lower face. The white forehead is the basis for the Latin name *leucocephala* which literally translates to "white head". They have a white ring around their eyes and the wing primaries (feathers which correspond to the fingers on a hand) are blue.

Cuban parrots are vegetarians eating primarily fruits of several different plants. A study in Cuba documented 39 different plant species used by feeding parrots with another 17 different plants showing characteristics as potential food sources. In some cases, large flocks feeding on oranges and other crops have become a nuisance to farmers.

Parrots are forest species and are found at all elevations in appropriate habitat. They are frequently found in Pine/Palm thickets throughout their range. They are cavity nesters and use abandoned woodpecker cavities, primarily in palm trees. One population in the Bahamas is unique in its habit of nesting on the ground in limestone crevices. They normally occur in large flocks and split off in pairs for the breeding season. They breed from March through July and lay 3 - 4 eggs.

Cuban parrots, like many parrot species, make good pets and their current status as an endangered species is due primarily to the pet trade industry. Collecting fledglings for the pet trade industry is considered to have a larger impact than deforestation although one technique used to collect fledglings was to cut down the nest trees. Therefore, loss of nesting habitat as a result of collecting contributes to the demise of



Cuban parrots. This practice of felling nest trees is now illegal in Cuba and other islands but still continues in certain areas.

Conservation efforts, in addition to measures implemented under the Endangered Species Act, include regulating the pet trade industry by listing Cuban parrots under the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES), and captive breeding for release in appropriate wild habitat. CITES is an international agreement designed to ensure that commercial exploitation of wild plants and animals does not threaten their continued existence. Cuban parrots are listed in Appendix I of CITES providing the strictest level of regulating international trade. Captive breeding is currently being conducted by the American Zoo and Aquarium Association, in cooperation with the US Fish and Wildlife Service. This program started with illegally obtained birds that were confiscated in 1988 by the US Fish and Wildlife Service and turned over to the Miami Metro Zoo.

There is a possibility that Cuban parrots occur at GTMO. GTMO has appropriate habitat and is well within the range of this species. With large tracts of undeveloped forests, it would not be surprising to find Cuban parrots here.

GTMO SHOPPER

FOR SALE

(2) XLarge Snorkel Combo Kit, incl: 2 x snorkles, Booties & gloves in X/L, Fins in X/L, Float vest - neon yellow. \$125 obo. FMI, e-mail: n02c1@usnbgtno.navy.mil

(2) CARPETS - Very large beige carpet cut to fit D/R, L/R and Lanai of Paola Point or Marine Site housing. \$400. Three room-sized carpets, \$70 and \$50 each. Call 3144 AWH.

(2) ITEMS FOR SALE - Microwave stand, \$20. Panasonic Microwave, \$60. Two entertainment centers, \$50 & \$70. Computer desk, \$80. Two-drawer file cabinet, \$10. Bar stools, \$5 each. Floor and table lamps, \$15 each. Blue sofa, \$40. 13" color monitor, \$25. Linen cabinet, \$15. Teledyne AR33BX floor speakers, \$100 set. Armoire, \$30. Assorted Beanie Babies. All items in very good condition. Call 3144 AWH.

(2) Two Round-trip tickets for any Lynx destination. Call 5882 or 7492.

(2) ITEMS FOR SALE - Desk/Hutch and chair set; Kid's 49er's locker; White rocking chair; 5pc bedroom set - FMI, call 5559.

(3) Five Rota 16" Rims, \$650 OBO. Also, 5 truck tires (30 x 15), best offer. Call Chris at 7859.

(3) Glass-top dining table and 6 chairs, plus slip covers. \$500. Call Kris at 7945.

(3) Phantasy Star Collection for the Gameboy Advance, \$20; 56k modem module for Handspring PDA's, \$35; Toner for HP Laserjets 5L-6L-3100-3150 models (C3906A), \$50. Contact Arnaldo DWH 4483, AWH 7138.

(3) Very large, solid oak entertainment center. Holds up to 27" TV. GC, \$125. x5666/AWH.

(3) Shoes - 2 prladies, size 9M, Enzo "Liberty" flats in Winter White & Bronze - Perfect Cond., worn few times, \$15 each. Call Jan at 2650.

VEHICLES/BOATS

(1) Dune Buggy - One-of-a-kind in GTMO. Only here for a short tour? Why not have a little fun while you're here? Best offer over \$2,200. Call Rich, 7990.

(2) 1997 Chevy Blazer, 4 door, low mileage, Power Windows/Locks/ Luggage Rack/New tires/ Mechanic Owned. Great family car! \$9000. Call 7305.

(2) 1989 Pontiac Grand-Am - good condition. Asking \$2,500 OBO. Call Bennett at 4451 DWH or 7415 AWH.

WANTED

Someone who could help with video presentation/video editing. Please call 5869.

Looking for the following items to buy -Pantry Shelves, Area Rugs, Storage Cabinets. Call PO1 Malone, 5632.

Looking for anyone interested in forming a Big Brother/Mentorship Program. For more information, call PO1 Malone, 5632

Looking for a single bed - mattress and box spring - no headboard needed. Call 7452 in the evening.

318 motor and any dodge truck parts. Contact 7708/7458.

EMPLOYMENT

PaperClips Etc is currently accepting Resumes ONLY for Assistant Manager Position. Closing date is March 14, 2003. For more information call 4603

The Fleet and Family Support Center is hiring a full time Office Administrative Position (GS-4 equivalent). Drop off resume at the FFSC, building 2135, NLT the 14th of March. FMI, call 4141.

The Resident Officer in Charge of Construction (ROICC) is accepting resumes for potential recruitment of a Construction Inspector. Salary will be commensurate with qualifications and experience. The employee selected will be hired through a Cooperative Administrative Support Unit (CASU) contract in the Norfolk, VA, area. Applicants may submit a SF171 or resume to the ROICC Office, Building 752 -Second Floor - by 4pm, March 28. For additional information, contact Mr. Mark Ewing at 4503.

A part-time assistant needed at City Colleges of Chicago Office to provide secretarial support, register students, process paperwork, maintain filing system, etc. \$8.75 per hour/30 hours per week. Associate degree and experience are preferred. Bring resume to City Colleges of Chicago Office or call 3999.

DO I NEED A HOT WORK PERMIT?

Over the past couple weeks, GTMO has suffered two incidents that were the result of unauthorized hot work operations. What are "hot work operations"? According to COMNAVBASE Instruction 11320.1B, "any operation which produces sufficient heat to cause combustion or explosion will be referred to as hot work, and shall require a permit before the work begins". This could include welding, burning, brazing, grinding, soldering, or other operations where heat is produced. This also includes any open burning such as bonfires or campfires, but excludes BBQ or charcoal grills.

Requests for hot work permits are made by calling the fire department dispatcher at 4222/4165, giving your name and location of the work to be accomplished. A fire inspector will be dispatched to the site, inspect the area and equipment, and then issue the permit if the operation is deemed safe. It is noteworthy that there has never been a fire or incident where a hot work permit was issued, and the guidelines of the permit were followed.

For any questions, or concerns about hot work or other fire safety issues, please call the fire prevention office at 4611/4614/4598. And remember, be fire smart and fire safe.

To All GTMO Residents:

If you have large items that need to be disposed of, call PWD at 4424 to have them picked up. Don't just put them out by a dumpster!



The following positions are available at the Navy Exchange. FMI, please call Mary Beth at 4119.

Barbers and Beauticians - Part-time/ Full-time - Must possess current license from any state.

Floral Display Artist - Full-time
Cashier/Cash Office - Full-time

Following are job vacancies open through the Human Resource Division. FMI, call 4822 or 4430.

Vacancies:

Office Automation (OA) Assistant, closes 03/11/03

Office Automation (OA) Assistant, closes 03/11/03

Open Continuous Vacancies: Firefighter, 1st cutoff 11/20/02, closes 11/06/03 - Open to permanent, full-time Jamaican Foreign National employees who were recruited and are employed by MWR, NEX, Naval Station and Tenant Commands serviced by the Naval Station HRO and Jamaican Foreign National

contractor employees.

Supply Technician (OA), 1st cutoff 02/27/03, closes 08/12/03
Translating Assistant, 1st cut off 02/26/03, closes 08/11/03, This position is for males only.

LOST & FOUND

Lost - Kodak Advantix Camera - reward for film. Call 7168.

YARD SALE

Saturday, March 8, 7 to 11 am - CC12.

ANNOUNCEMENTS

NEX Beauty Shop closed through March 10th for renovations. Please call 4764 on 11 March to re-schedule appointments. We apologize for any inconvenience.

Energy Conservation

Shade sun-exposed windows and building walls.

LORD OF THE RINGS THE TWO TOWERS



Fantasy/Drama

2 hrs. 59 min.

Starring: Elijah Wood, Sean Astin, Viggo Mortensen, Ian McKellen, Christopher Lee

The second chapter in the J.R.R. Tolkien saga, Frodo and Sam brave terrible dangers in an attempt to have the evil

ring destroyed, while Aragorn, Legolas and their allies strive to rescue the abducted hobbits Pippin and Merry from the clutches of evil. Gandalf also makes his miraculous return to aid in the struggle against the united towers of Saruman and Sauron.

JUST MARRIED

Comedy/Romance

1 hr. 35 min.

Starring:

Ashton Kutcher, Brittany Murphy, Christian Kane, Taran Killam, Monet Mazur

Two young newlyweds, a traffic reporter and a writer from a wealthy family, finding that the perfect honeymoon in Venice is turning out to be the worst one imaginable... can the marriage, which many of their friends and family said was a bad idea because they are so young... survive the celebration?



A GUY THING



Comedy/Romance

1 hr. 41 min.

Starring: Jason Lee, Julia Stiles, Selma Blair, Lochlyn Munro, Thomas Lennon

The morning after his wild bachelor party, Paul wakes up and finds a beautiful, strange woman, named

Becky, sleeping soundly in his bed. He soon discovers that Becky is his fiancée's cousin. Since Paul can't remember much about the night before, he naturally assumes the worst—that he's cheated on his adoring fiancée, Karen. And so, the guilt-ridden Paul spends the week before his wedding, scrambling to cover up his supposed infidelity.

Movies

FRIDAY, MARCH 7

7pm Pinocchio
G 100min

9pm Just Married
PG-13 95min

SATURDAY, MARCH 8

7pm Antwone Fisher
PG-13 113min

9pm A Guy Thing
PG13 101min

SUNDAY, MARCH 9

7pm LOTR: Two Towers
PG13 179min

MONDAY, MARCH 10

7pm Catch Me If You Can
PG 140min

TUESDAY, MARCH 11

7pm Daredevil
PG13 113min

WEDNESDAY, MARCH 12

7pm A Guy Thing
PG13 - 101min

9pm Just Married
PG13 95min

THURSDAY, MARCH 13

7pm Shanghai Knights
PG13 107min



Spouses Seminar 5K Run/Walk

March 15th

6:30am at the base gym

FMI call 2193

Youth Baseball & Teeball Sign-up

Now until March 14th

Baseball season begins April 12th

Coaches needed for all age groups.

FMI call 2193

Spring Bowling League

Sign-up Teams

or Individual Participants
for Spring Bowling League

FMI or to sign-up

Contact the Bowling Center

Cashiers at 2118

Marblehead Lanes Bowling

Hours of Operation

Monday - Friday

3pm to midnight

11am to midnight

The Rusty Anchor open daily at 11am

Needed: Softball Umpires & Scorekeepers

Paid Position

Sign-up at the base gym

Sign-up deadline ends March 8th

Mandatory meeting 1pm, March 8th
at the base gym

GTMO Queen Night Fishing Trip

March 15th

Join us on Saturday from 5pm to midnight onboard the GTMO Queen for an evening of fun filled fishing on the bay. Our staff will assist you and we will provide a limited number of rods and reels. Bait and ice provided just bring your tackle and refreshments. Cost is \$5 per person with a 20 person limit. Sign-up early at the Marina or Call 2345.

Parent's Night Out

March 15th

5:30pm to 12 Midnight

Reservation Fee is \$2.50. An Additional Fee of \$1.50 is Due For Each Additional Child. One hour is \$2.50, Two Hours is \$5.00 and Three or More Hours is \$12.00. FMI Call 3664

For more information on any of the events listed above, call 5225.